

ASSIGNMENT 4

Textbook Assignment: "Food Preparation," chapter 5, pages 5-1 through 5-27.

- 4-1. The use of standardized recipes by all branches of the military accomplishes which of the following objectives?
1. Prevents variation in food quality and quantity
 2. Accommodates the use of government provisions
 3. Promotes uniformity in food costs throughout the military
 4. Facilitates transfer of food items from one activity to another
- 4-2. Each recipe in the AFRS is designed to yield 100 portions; however, the yield of some recipes may be given in numbers of the product or volume.
1. True
 2. False
- 4-3. Ingredients are listed on each recipe card in which of the following orders?
1. From dry to liquid
 2. From liquid to dry
 3. From the largest to the smallest quantity
 4. From the first needed to the last
- 4-4. Under what circumstance are the quantities of dry ingredients on a recipe card usually given as both weights and measures?
1. When the recipe is for a bakery item
 2. When the recipe calls for a large amount of liquid
 3. When the recipe includes a small amount of dry ingredients
 4. When the quantities of dry ingredients weigh more than one-half of an ounce
- IN ANSWERING QUESTIONS 4-5 THROUGH 4-8, SELECT THE SECTION OF THE AFRS RECIPE CARD THAT IS DESCRIBED BY THE QUESTION.
- 4-5. Explains how the ingredients are to be combined and cooked and represents the best accepted cooking procedures.
1. Yield
 2. Method
 3. Notes
 4. Variations
- 4-6. Contains supplemental information such as possible substitutions for ingredients.
1. Abbreviations
 2. Notes
 3. Variations
 4. Ingredients
- 4-7. Includes specific techniques to supplement information contained in the Method column.
1. Notes
 2. Variations
 3. Ingredients
 4. Yield
- 4-8. Constitutes a major addition to the total number of recipes contained in the AFRS.
1. Variations
 2. Ingredients
 3. Method
 4. Notes
- 4-9. The abbreviation A.P. in the AFRS represents what meaning?
1. A portion
 2. As prepared
 3. As purchased
 4. As planned

IN ANSWERING QUESTIONS 4-10 THROUGH 4-12,
SELECT THE AFRS RECIPE SUPPLEMENT THAT IS
DESCRIBED BY THE QUESTION.

- 4-10. Located in some of the recipe sections as directions for preparing a basic type of food.
1. Index of recipes
 2. General information cards
 3. Guideline cards
 4. Index cards
- 4-11. Used as a valuable reference for menu planners.
1. Index cards
 2. General information cards
 3. Guideline cards
 4. Index of recipes
- 4-12. You should become familiar with this section first. It provides basic information.
1. Index of recipes
 2. General information cards
 3. Guideline cards
 4. Index cards
- 4-13. The M section of the AFRS contains what category of recipes?
1. Soups
 2. Sandwiches
 3. Sauces, gravies, and dressings
 4. Salad dressings and relishes

IN ANSWERING QUESTIONS 4-14 THROUGH 4-16,
SELECT THE TYPE OF RECIPE ADJUSTMENT THAT
MATCHES THE DESCRIPTION GIVEN AS THE
QUESTION.

- 4-14. Used to increase or decrease a recipe to obtain the desired number of portions.
1. Volume
 2. Serving size
 3. Yield
 4. Quantity

- 4-15. Used to adjust a recipe based upon the amount of an ingredient to be used.

1. Volume
2. Serving size
3. Yield
4. Quantity

- 4-16. Used to adjust recipes to yield a specific number of portions of a specific size.

1. Volume
2. Serving size
3. Yield
4. Quantity

- 4-17. Thirty pounds of ground beef is required to prepare 100 portions of chili and 150 portions must be prepared. Fifty-five pounds of ground beef was mistakenly thawed for this purpose. You are instructed to adjust the recipe based upon the amount of meat thawed. How many additional pounds will you have to make extra portions?

1. 10
2. 33
3. 34
4. 45

- 4-18. You are preparing Salisbury steak for 320 people and are instructed by the leading MS to make 3-ounce portions. What specific amount of ground beef is required to make these 3-ounce portions if the recipe calls for 30 pounds per 100 4-ounce portions?

1. 22 pounds
2. 22 pounds 8 ounces
3. 72 pounds
4. 72 pounds 8 ounces

- 4-19. If a recipe calls for 4 gallons of water per 100 portions, how much water would be needed to prepare 333 portions of this recipe?
1. 13 gal, 1 qt, 1 cup, 1 1/2 tbsp
 2. 13 gal, 2 qt, 1 cup, 1 tbsp, 2 3/4 tsp
 3. 13 gal, 1 qt, 1 cup, 1 tbsp, 2 3/4 tsp
 4. 13 gal, 2 qt, 1 cup, 2 tbsp
- 4-20. You are measuring water needed to prepare minestrone soup and you only have a 8-ounce measuring cup. What specific number of cups is equal to 3 1/2 gallons?
1. 54
 2. 56
 3. 58
 4. 60
- 4-21. When you are not using any counterweights, what is the maximum capacity of the basic scale?
1. 1 pound
 2. 2 pounds
 3. 5 pounds
 4. 4 pounds
- 4-22. Reconstituted egg mix must be handled in what manner if you do not use it immediately?
1. Discarded after being at room temperature for 1 hour
 2. Discarded 4 hours after preparation
 3. Refrigerated in a tightly covered container and discarded after 24 hours
 4. Refrigerated in a tightly covered container and used within 1 hour
- 4-23. When properly refrigerated, eggs that have been treated with processing fluids will have what maximum storage life?
1. 1 month
 2. 2 months
 3. 6 months
 4. 4 months
- 4-24. When using frozen eggs, you may thaw them using which of the following methods?
1. Place the eggs at room temperature until thawed
 2. Place the container in a sink and cover it with warm water
 3. Keep the eggs at 40°F to 45°F until thawed
 4. Keep the eggs at 36°F to 38°F until thawed
- 4-25. Which, if any, of the following food items are you authorized to prepare using raw (fresh) eggs?
1. French toast batter
 2. Mayonnaise
 3. Salad dressings
 4. None of the above
- 4-26. When fresh eggs are used in preparing scrambled eggs, you should comply with all EXCEPT which of the following requirements?
1. Do not use egg breaking machines
 2. Prepare 5-quart batches to meet excess demands
 3. Cook until there is no liquid egg visible
 4. Cook in small batches

4-27. When you are paring fresh fruits, discoloration can be prevented by which of the following actions?

1. Dipping the fruit in vinegar
2. Dipping the fruit in a solution of baking soda and water
3. Covering the fruit with water
4. Covering the fruit with lemon juice

4-28. Which of the following procedures should you use to wash leaf-type vegetables such as spinach?

1. Wash in several changes of cold water draining the water each time
2. Wash in several changes of cold water using a strainer
3. Wash in several changes of cold water lifting out the vegetables each time
4. Soak vegetables in cold salt water for a least one-half hour

4-29. You should cook canned vegetables using which of the following methods?

1. Discard the liquid and steam the vegetables for 10 minutes
2. Boil for 5 minutes in the liquid that was in the can
3. Simmer in a covered stockpot for 20 minutes
4. Bring to a boil just before they are to be served

IN ANSWERING QUESTIONS 4-30 THROUGH 4-33, SELECT THE METHOD FOR COOKING VEGETABLES THAT MATCHES THE DESCRIPTION GIVEN AS THE QUESTION.

4-30. This method is faster than other methods and helps to preserve the fresh appearance and nutritive value of the vegetables.

1. Baking
2. Simmering
3. Steaming
4. Roasting

4-31. Use of dry heat with the addition of little or no water.

1. Deep-fat frying
2. Simmering
3. Baking
4. Oven frying

4-32. The vegetables should be tender and cut in uniformly sized pieces.

1. Oven frying
2. Deep-fat frying
3. Stir-frying
4. Baking

4-33. This method of cooking is also referred to as sauteing.

1. Searing
2. Stir-frying
3. Deep-fat frying
4. Panfrying

4-34. Progressive vegetable cookery accomplishes all EXCEPT which of the following objectives?

1. Ensures a continuous supply of freshly cooked vegetables is available
2. Helps control waste
3. Diminishes the flavor of vegetables
4. Allows cooking of several small batches

4-35. For which of the following reasons is it better for you to undercook vegetables rather than overcook them?

1. To preserve color
2. To maintain the crisp or crunchy texture
3. To shorten the cooking time
4. To conserve the nutrient content

- 4-36. Which of the following vegetable salads would be suitable for you to serve as a main course for lunch or dinner?
1. Potato
 2. Garden
 3. Chef's
 4. Waldorf
- 4-37. Commercial salad dressing is different from mayonnaise in which of the following ways?
1. Cooked starch paste is added to mayonnaise
 2. Tomato paste is added to mayonnaise
 3. More oil is used to prepare mayonnaise
 4. Less oil is used to prepare mayonnaise
- 4-38. What is the basic rule that you should follow when preparing salad dressings?
1. Prepare immediately just before serving
 2. Prepare well in advance
 3. Add the seasoning just before serving
 4. Use only fresh herbs
- 4-39. When you are preparing mayonnaise, what element of the preparation process will cause it to curdle?
1. Not adding enough egg whites
 2. Not adding enough oil
 3. Adding the oil too fast
 4. Adding the oil too slow
- 4-40. What type of eggs are you authorized to use in galley-prepared mayonnaise or salad dressings?
1. Fresh eggs
 2. Frozen pasteurized eggs
 3. Frozen egg whites
 4. Dehydrated egg mix
- 4-41. At the end of the meal, what should you do with salad dressings that were served in separate containers?
1. Place them back into the original container and refrigerate
 2. Discard them only
 3. Label, refrigerate, then discard, if not used by the end of the day
 4. Label, refrigerate, and discard, if not used within 36 hours
- 4-42. All raw vegetables used to prepare relishes, except leafy varieties, should be refrigerated in icy cold water for at least how many minutes?
1. 15
 2. 20
 3. 30
 4. 60
- 4-43. When serving hors d'oeuvres, you will normally serve them at which of the following times?
1. During formal meals after each course
 2. Before formal or informal meals
 3. After formal or informal meals
 4. Between lunch and dinner as an appetizer
- 4-44. When you prepare sandwiches to be the primary item of a meal, what requirement should you meet?
1. An assortment of bread should be provided
 2. The sandwich should be served with a soup
 3. The type of sandwich must be a hot one
 4. The sandwich should be substantial

4-45. When you are preparing sandwiches, which of the following types of bread is preferable?

1. Day-old
2. Freshly baked
3. Commercial
4. White

4-46. You should NOT store bread in a chilled space for what reason?

1. To prevent the absorption of odors and flavors
2. To prevent the absorption of moisture
3. To prevent the moisture loss
4. To prevent the bread from rapidly becoming stale

4-47. You may use all EXCEPT which of the following types of fillings to prepare sandwiches for sandwich meals?

1. Peanut butter and jelly
2. Cold cuts
3. Sloppy Joe's
4. Ham salad

4-48. All EXCEPT which of the following statements describe a sanitary precaution used in preparing sandwiches?

1. Never allow sandwiches to stand at room temperature for more than 4 cumulative hours
2. Keep time between preparation and consumption to a minimum
3. Serve lettuce, tomatoes, and spreads used for sandwiches separately
4. Hold sandwiches containing hand-prepared ground meat below 40°F if not to be consumed immediately

IN ANSWERING QUESTIONS 4-49 THROUGH 4-52, SELECT THE TYPE OF SANDWICH THAT MATCHES THE DESCRIPTION GIVEN AS THE QUESTION.

4-49. Consists of three or more slices of toasted bread and two different fillings, one in each layer.

1. Club
2. Submarine
3. Hot
4. Open-faced

4-50. May be either one or two slices of bread covered with any desired filling including sliced meat, cheese, or tomatoes.

1. Open-faced
2. Submarine
3. Club
4. Grilled or toasted

4-51. Prepared from French bread or a hard roll cut in half lengthwise. Sliced cold meat, cheese, vegetables, and some type of dressing are used as fillings.

1. Grilled or toasted
2. Club
3. Finger
4. Submarine

4-52. Usually served open-faced with sliced meat and gravy. However, it is often served with a soup, a potato, and vegetables.

1. Hot
2. Club
3. Monte Cristo
4. Monte Carlo

4-53. During cold weather, you should place soup on the menu at least how often?

1. Once daily
2. Twice daily
3. Three times a day
4. At least every few days

- 4-54. When you use dehydrated soup and gravy bases to prepare stock for soups, what ingredient should you adjust or eliminate?
1. Water
 2. Meat
 3. Salt
 4. Herbs
- 4-55. What procedure should you use to prepare a warm roux?
1. Mix cornstarch with warm water
 2. Mix flour with warm water
 3. Mix cornstarch with cold water
 4. Mix flour with melted fat
- 4-56. When you check a soup for taste and it is too salty, what should you do to correct this problem?
1. Add more stock and simmer for a few minutes
 2. Add more water and simmer for a few minutes
 3. Add sliced raw potatoes and simmer for a few minutes
 4. Add sugar and simmer for a few minutes
- 4-57. Which of the following sauces should you use to bind the ingredients together in a scalloped dish?
1. Butter
 2. Medium white
 3. Thin cream
 4. Sweet thickened
- 4-58. What thickening agent, if any, should you use to thicken natural pan gravy?
1. Hot roux
 2. Cold roux
 3. Flour paste
 4. None; natural pan gravy is not thickened
- 4-59. Which of the following procedures should you use to remove lumps that may appear in gravy?
1. Add water
 2. Bring to a boil
 3. Add salad oil
 4. Whip vigorously
- 4-60. Stuffing poultry with dressing in GMs is not recommended for which of the following reasons?
1. The loss of the nutritional value if prepared this way
 2. Stuffing requires more moisture and will cause the poultry product to be dry
 3. The possibility of food-borne illness will increase
 4. Enough stuffing cannot be prepared for everyone using this method
- 4-61. Overstirring and overcooking cereal during preparation may produce which of the following results?
1. The cereal becomes sticky and gummy
 2. The cereal loses moisture content
 3. The cereal becomes thick
 4. The cereal becomes lumpy
- 4-62. In which of the following ways does vermicelli differ from spaghetti?
1. Vermicelli is thicker
 2. Vermicelli contains eggs
 3. Vermicelli is made from hard wheat flour
 4. Vermicelli cooks quicker
- 4-63. Which of the following types of rice is preferable as an accompaniment to oriental dishes because it will clump together when cooked?
1. Parboiled
 2. Medium-grained
 3. Long-grained
 4. Wild

- 4-64. What reference lists the characteristics and recommended use of each type of milk procured by the Navy?
1. NAVSUP P-421
 2. NAVSUP P-476
 3. NAVFSSNOTE 7330
 4. NAVMED P-5010-1
- 4-65. You can prevent bitterness in brewed coffee by taking which of the following measures?
1. Storing the coffee grounds in an airtight container
 2. Using the proper proportion of water in relation to coffee grounds
 3. Cleaning the coffeepot daily with hot soapy water
 4. Making sure the coffee is not brewed too long
- 4-66. To prevent deterioration of flavor and loss of aroma, coffee brewed in an automatic urn should not be held for more than what maximum number of minutes?
1. 20
 2. 30
 3. 45
 4. 60
- 4-67. What should you use to clean the urn of coffee-making equipment at the end of the day?
1. Hot water and urn cleaner
 2. Hot soapy water
 3. Vinegar and water
 4. Baking soda and water
- 4-68. The quality of brewed tea depends on how fast the flavor and color are extracted from the tea leaves. All EXCEPT which of the following factors influence this process?
1. The degree of softness of the water used
 2. The holding time used
 3. The amount of brewing time
 4. The brewing temperature used
- 4-69. For what reason is a stronger brew required for iced tea than for tea served hot?
1. To help preserve the flavor of the tea if it is to be chilled for a undetermined duration
 2. Because iced tea tastes better stronger
 3. Cold temperatures will weaken the brew
 4. Because of the diluting action of the added ice
- 4-70. When using instant concentrated tea, you should prepare the tea mix in which of the following manners?
1. Pour the concentrate into hot water
 2. Pour the concentrate into cold water
 3. Pour hot water into the receptacle containing the concentrated mix
 4. Pour cold water into the receptacle containing the concentrated mix